

Speaker Notes

Stages of Deployment

Page 1 – Title Slide

None

Page 2 – Objectives

None

Page 3 – Agenda: Emotional Cycle of Deployment

None

Page 4 – Three Phases of Deployment

- Emotional reactions during these phases will be discussed in the following slides.
- Keep in mind that all of the emotions mentioned are normal. You may experience some of these emotions and not others; everyone reacts in their own way.

Page 5 – Pre-Deployment Phase Stage 1

- During this phase, people may have difficulty accepting the reality of separation.
- Feelings of tension and an increase in arguments may occur.

Page 6 – Pre-Deployment Phase Stage 2

- In this stage, service members become more psychologically prepared and bond with fellow service members, and this can cause emotional distance within the marriage. There may be a desire to separate as a way of lessening the pain. This also affects the sexual relationship. It's difficult to be intimate when trying to separate emotionally. Keep in mind that this is a reaction to deployment, not a rejection by your partner.

Page 7 – Deployment Phase Stage 3

- There may be an initial sense of relief that saying goodbye is finally over with. This may be followed by guilt—"If I love him/her, then why do I feel such relief that he/she is gone?" There may be anger that the deployed person did not do everything that needed to be done before they left.

Page 8 – Deployment Phase Stage 4

- With this phase, spouses realize they are actually resilient and able to cope with their situation. They have developed increased confidence.

Page 9 – Reunion Phase Stage 5

- This is usually a happy and hectic time as preparation for the return of the service member takes place. It's important to talk about plans and expectations. Feelings of apprehension may occur—"Will he/she have changed?" "Will he/she still love me?"

Page 10 – Reunion Phase Stage 5 (Continued)

- There can be confusion due to conflicting emotions. Consider holding off on making any major decisions until your spouse has returned.

Page 11 – Reunion Phase Stage 6

- There may still be feelings of distance during this phase, but keep in mind that this is normal and will pass. The spouse at home stops feeling single and starts feeling married again. They may have to relinquish certain duties they had while the service member was deployed, which may cause a sense of loss.

Page 12 – Reunion Phase Stage 6 (Continued)

None

Page 13 – Reunion Phase Stage 7

- In this phase everyone has made their adjustment, and the couple and the children are able to enjoy each other fully.

Page 14 – Reunion/Re-Entry

None

Page 15 – Summary

None

Page 16 – Questions

None

Page 17 – Resources

None

Page 18 – Thank You

None

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